Ryan P. Gregory

Cell: 314-598-6932
Ryan-287@hotmail.com

Ht. 5’7’’ Hair: Brown/Blonde

Weight:125lbs. Eyes: Blue

Age: 21 D.O.B.: 06/14/1994

Television/Film/New Media:

Fox 2 News Morning Show W/ Tim Ezell

-Parkour and Freerunning Performance at Flipside Gymnastics

Fox 2 News Morning Show W/ Lisa Hart

-Parkour and Freerunning Performance at Triumph Freerunning Academy located at 749 Spirit of St. Louis Blvd Chesterfield MO, 63005

Youtube:
Channel: Triumph Freerunning

Parkour Stunts in over 40 Parkour Videos with thousands of views.

Instagram:

@ryanzeffgregory

5100+Followers

Live Performances:

Parkour Jam- "Tranquil Initiation Tradition" Performer Colorado Springs

Sports: Elite Athlete of the WFPF (World Freerunning Parkour Federation) & OLLOPK.COM

Teaching: USA Certified Parkour/Freerunning Instructor, Fitness trainer

Sponsors: USA Parkour, WFPF (www.wfpf.com), OLLOPK Shoes (www.ollopk.com), and KO (www.knowobstacles.com).

Special Skills: Parkour/Freerunning, Born and raised in Missouri. Great with Kids & Animals, Handyman, Great Speaker, Fitness & Parkour Coach, Mountain biking, Swimming, Free climbing, MMA, Vegan cooking.

About me: My name is Ryan Patrick Gregory, I'm a twenty-one-year-old vegan from Missouri. I moved to St. Louis to pursue film and a professional parkour career. I started training parkour/freerunning about five years ago. I continue to travel, manage my parkour facility (Triumph Freerunning Academy) meet new people, film across the world, and push my own limitless boundaries and inspiring others to do the same. I enjoy filming, motorcycles, photography, mountain biking, climbing and much more.